

Position	Number	Forename	Surname	District	Time
1	73	George	Elliott	Southend	16.12
2	97	Cannan	Solomon	West Essex	16.16
3	74	Lawrence	Willmore	Southend	16.33
4	34	Daniel	Ashley	Mid-essex	16.54
5	75	Adam	Jordan	Southend	16.56
6	18	Christian	Gray	Castle Point and Rochford	16.59
7	17	Max	Jones	Castle Point and Rochford	17.05
8	33	Oliver	Swallow	Mid-essex	17.06
9	89	Fuaad	Ali	Waltham Forest	17.18
10	20	Brandon	Thorpe	Castle Point and Rochford	17.25
11	65	Daniel	Richards	Redbridge	17.26
12	36	Henry	Blanks	Mid-essex	17.32
13	19	Fraser	Gibbs	Castle Point and Rochford	17.45
14	77	Adam	Foster	Southend	17.47
15	1	Ben	Haynes	Barking and Dagenham	17.47
16	81	Gary	Cahill	Thurrock	17.51
17	80	Joe	Kidd	Southend	17.54
18	9	Oliver	Cantwell	Basildon	17.56
19	45	Charlie	Alrans	Newham	18.02
20	55	Joseph	Patterson	NE Essex	18.15
21	25	Tom	Saunders	Havering	18.16
22	26	Sean	Wilson	Havering	18.23
23	38	Tom	leeson	Mid-essex	18.24
24	43	Clement	Hayford	Newham	18.32
25	98	Rian	McKnight	West Essex	18.33
26	53	Jak	Bush	NE Essex	18.39
27	90	C	Weston	Waltham Forest	18.44
28	69	Jack	Maher	Redbridge	18.46
29	66	Sahiththiyan	Sivapalan	Redbridge	18.47
30	11	James	Neale	Basildon	18.47
31	76	Taylor	Hartman	Southend	18.51
32	72	Sinthuyan	Srikaran	Redbridge	19.01
33	83	Sam	Smith	Thurrock	19.04
34	23	Theo	Cannon	Castle Point and Rochford	19.09
35	28	Liam	Batty	Havering	19.09
36	31	Ryan	Burt-Allan	Havering	19.11
37	22	George	Wood	Castle Point and Rochford	19.12
38	24	Owen	Lee	Castle Point and Rochford	19.13
39	56	Milo	Downey	NE Essex	19.16
40	78	Daniel	Frimley	Southend	19.18
41	39	Harry	Sloman	Mid-essex	19.26
42	40	Ivan	Langran	Mid-essex	19.28
43	21	Matthew	Seago	Castle Point and Rochford	19.29
44	29	Finley	Hyde	Havering	19.31
45	79	Robert	Alabaster	Southend	19.33
46	10	Liam	Scott	Basildon	19.38
47	96	G	Hart	Waltham Forest	19.41
48	58	Henry	Williams	NW Essex	19.49
49	86	Ryan	Knight	Thurrock	19.51
50	13	Jake	Lauds	Basildon	19.51
51	49	Jack	Keane	NE Essex	19.57
52	63	Tom	Hele	NW Essex	20.05
53	50	Jamie	Rush	NE Essex	20.07
54	32	Tom	Pitkin	Havering	20.15
55	30	Sean	O'Callaghan	Havering	20.21

56	54 Ben	Felton	NE Essex	20.28
57	92 F	Amoak	Waltham Forest	20.36
58	12 Tommy	Clark	Basildon	20.49
59	67 Lamin	M'Baye	Redbridge	20.55
60	68 George	Burton	Redbridge	21.03
61	27 Jack	Ayling	Havering	21.03
62	16 Jake	Carter	Basildon	21.16
63	41 Micheal	Oku-Ampofo	Newham	22.13
64	91 B	Maru	Waltham Forest	22.31
65	93 T	Howard	Waltham Forest	22.58

Team Result(6 to score)

1st	71pts	Southend
2nd	107pts	CPR
3rd	130pts	Mid Essex
4th	212pts	Havering
5th	219pts	Redbridge
6th	245pts	NE Essex
7th	264pts	Basildon
8th	269pts	Waltham Forest

Position	Number	Forename	Surname	District	Time
1	34	Callum	Charlston	Mid-essex	21.09
2	50	Jordan	Rowe	NE Essex	21.19
3	49	Joe	Alexander	NE Essex	21.43
4	73	Rob	Frith	Southend	21.51
5	97	Perry	Rowan	West Essex	21.55
6	18	James T.	Hall	Castle Point and Rochford	21.56
7	33	Darren	Blackwell	Mid-essex	22.02
8	17	Ben	Franklin	Castle Point and Rochford	22.11
9	35	Adam	Houchell	Mid-essex	22.26
10	53	Rob	Clarke	NE Essex	22.44
11	74	Steven	Hancock	Southend	22.47
12	66	George	Hoy	Redbridge	22.52
13	39	James	Kidd	Mid-essex	22.59
14	75	James	Blinkinsop	Southend	23.11
15	78	James	Gander	Southend	23.16
16	77	James	Nadin	Southend	23.23
17	57	James	Thompson	NW Essex	23.26
18	36	Ben	Matthews	Mid-essex	23.29
19	54	Elliot	Bennett	NE Essex	23.33
20	41	Jon	Rocha	Newham	23.36
21	20	Tate	Baron	Castle Point and Rochford	23.38
22	51	Dean	Frost	NE Essex	23.43
23	82	Jordan	Purkiss	Thurrock	23.46
24	56	Will	Deasy	NE Essex	23.55
25	65	Jim	Fodder	Redbridge	23.56
26	19	Bradley	Cann	Castle Point and Rochford	23.57
27	25	Nick	Shade	Havering	24.05
28	79	T	Metcalf	Southend	24.07
29	27	Andrew	Holland	Havering	24.07
30	29	Ed	Thompson	Havering	24.11
31	11		Duffy	Basildon	24.27
32	76	Josh	Mann	Southend	24.28
33	21	Adam	Krise	Castle Point and Rochford	24.32
34	81	Louie	Shilling	Thurrock	24.43
35	23	Daniel	Lee	Castle Point and Rochford	24.51
36	38	Henry	Angave	Mid-essex	25.06
37	58	Angus	Maclaren	NW Essex	25.08
38	87	Stephen	Davies	Thurrock	25.11
39	26	Joshua	Welsh	Havering	25.28
40	28	Sam	Kelly	Havering	25.37
41	80	C	Thorpe	Southend	26.02
42	30	Jed	Rimell	Havering	26.05
43	84	Nick	Flemming	Thurrock	26.11
44	67	Thomas	King	Redbridge	26.16
45	24	James	Rolfe	Castle Point and Rochford	26.21
46	88	Oladele	Sotoyinbo	Thurrock	26.21
47	86	Billy	Smith	Thurrock	26.27
48	1	Tyler	McKenzie	Barking and Dagenham	26.47
49	59	Joe	Norse	NW Essex	26.49
50	69	Abdulrahman	Omar	Redbridge	27.08
51	83	Jordan	Nicoll	Thurrock	27.29
52	31	Nick	Duffey	Havering	27.44
53	15	Adam	Robinson	Basildon	27.47
54	61	George	Jackson	NW Essex	27.54
55	52	Oli	Gifford	NE Essex	28.13

56 3 Joseph
57 71 Andre

Ogola
Gomez

Barking and Dagenham
Redbridge

Team Result(6 to score)

1st 80pts NE Esex
2nd 88pts Southend
3rd 129pts CPR
4th 207pts Havering
5th 231pts Thurrock

Position	Number	Forename	Surname	District	Time
1	25	Hoseah	Gikungu	Havering	22.17
2	33	Chris	Youell	Mid-essex	22.22
3	73	Alex	Short	Southend	22.33
4	74	Jack	Fitsall	Southend	22.56
5	9	Andrew	Law	Basildon	23.01
6	65	James	Stockings	Redbridge	23.23
7	35	Michael	Ward	Mid-essex	23.32
8	82	Tom	Richardson	Thurrock	24.02
9	34	Steve	Woodford	Mid-essex	24.05
10	17	Rhys	Gillard	Castle Point and Rochford	24.19
11	20	Ashley	Capel	Castle Point and Rochford	24.49
12	36	Jens	Van Den Brande	Mid-essex	24.51
13	37	Tom	Davis	Mid-essex	24.52
14	67	Liam	Blaikee	Redbridge	25.01
15	77	Ryan	Hersom	Southend	25.07
16	81	Dennis	Cross	Thurrock	25.16
17	84	Alec	Finch	Thurrock	25.19
18	68	Lorcan	Murphy	Redbridge	25.24
19	76	Jon	Kerridge	Southend	25.34
20	19	Jake	McGrath	Castle Point and Rochford	25.39
21	75	Oliver	Kyriakides	Southend	25.46
22	50	Joe	Gibbon	NE Essex	25.49
23	51	George	James	NE Essex	26.01
24	27	Josh	Connor	Havering	26.11
25	80	A	Masterson	Southend	26.28
26	26	Ryan	O'Mahoney	Havering	26.58
27	39	Tinanashe	Mituro	Mid-essex	27.26
28	89	J	Skerrit	Waltham Forest	27.42
29	88	Massi	Dendani	Thurrock	27.44
30	38	Tom	Beard	Mid-essex	28.01
31	85	Lennox	Thompson	Thurrock	28.52
32	54	Ben	Stanton	NE Essex	29.14
33	18	Glenn	Longman	Castle Point and Rochford	29.14
34	29	Michael	O'Callaghan	Havering	29.53
35	86	Akeem	Akintokun	Thurrock	30.57
36	56	Greg	Vincent	NE Essex	33.23
37	96	E	Asaolu	Waltham Forest	
38	90	A	Vinayagamorthy	Waltham Forest	

Team Result

1st	70pts	Mid Essex
2nd	87pts	Southend
3rd	136pts	Thurrock

Position	Number	Forename	Surname	District	Time
1	18	Jodie	Judd	Castle Point and Rochford	13.43
2	73	Liberty	Good	Southend	13.47
3	75	Victoria	Hiscock	Southend	13.54
4	17	Millie	Smith	Castle Point and Rochford	14.08
5	74	Olivia	Sofroniou	Southend	14.17
6	49	Katherine-Jayne	Watts	NE Essex	14.18
7	97	Alicia	McArdell	West Essex	14.2
8	65	Isabel	Hoy	Redbridge	14.28
9	98	Rosie	Poole	West Essex	14.31
10	36	Jemima	Walker	Mid-essex	14.32
11	38	Lucy	Storrar	Mid-essex	14.34
12	79	Lucy	Kidwell	Southend	14.36
13	27	Isobel	Ives	Havering	14.38
14	76	Abigail	Uden	Southend	14.39
15	35	Elona	Woodford	Mid-essex	14.51
16	33	Cameron	Venton	Mid-essex	14.55
17	77	Natasha	May	Southend	15.01
18	66	Edie	Precce	Redbridge	15.03
19	99	Jodie	Ratcliff	West Essex	15.04
20	25	Heidi	Surman-Wells	Havering	15.08
21	34	Maddie	Henderson	Mid-essex	15.09
22	67	Talya	Abbott	Redbridge	15.12
23	51	Jess	Richies	NE Essex	15.14
24	81	Elle	Smith	Thurrock	15.15
25	29	Amy	Baggs	Havering	15.17
26	80	Rachel	Aldis	Southend	15.35
27	32	Jess	Ward	Havering	15.37
28	78	R	Nunn	Southend	15.41
29	20	Antonia	Tidy-Jones	Castle Point and Rochford	15.43
30	23	Francesca	Roast	Castle Point and Rochford	15.48
31	40	Darcey	Phillips	Mid-essex	15.51
32	82	Gemma	Archer-Hayley	Thurrock	15.51
33	89	M	Carr	Waltham Forest	15.59
34	31	Louise	Lear	Havering	16.01
35	91	J	Bertandi	Waltham Forest	16.03
36	57	Honor	Rendell	NW Essex	16.04
37	12	Charlotte	Skeggs	Basildon	16.07
38	58	Becca	maybanks	NW Essex	16.08
39	94	J	Ewen	Waltham Forest	16.12
40	21	Maddie	Evision	Castle Point and Rochford	16.17
41	37	Abby	Spink	Mid-essex	16.24
42	9		Pointing	Basildon	16.28
43	56	Kate	Frost	NE Essex	16.31
44	72	Isobel	Mills	Redbridge	16.46
45	24	Emily	Warren	Castle Point and Rochford	16.51
46	19	Maddy	Goward	Castle Point and Rochford	16.59
47	52	Beth	Armitage	NE Essex	17.05
48	54	Lucy	Philpott	NE Essex	17.12
49	26	Hannah	Binning	Havering	17.13
50	95	P	Pritchard	Waltham Forest	17.22
51	63	Lorna	Wright	NW Essex	17.35
52	104	Amy	Edwards	West Essex	17.43
53	14		Dawkins	Basildon	17.44
54	100	Megan	Price	West Essex	17.53
55	11		Summers	Basildon	17.53

56	61 Louisa	Kenney	NW Essex	18.01
57	64 Tyler	Christou	NW Essex	18.02
58	22 Bethan	McElroy	Castle Point and Rochford	18.02
59	2 Jessica	Ferris	Barking and Dagenham	18.08
60	96 K	Myers	Waltham Forest	18.12
61	3 Jerelenn	Serverino	Barking and Dagenham	18.43
62	16	Healey	Basildon	18.48
63	13	Munroe	Basildon	18.48
64	41 Mauteen	Wusu	Newham	19.19

Team Result

1st	67pts	Southend
2nd	104pts	Mid Essex
3rd	149pts	CPR
4th	168pts	Havering
5th	312pts	Basildon

Position	Number	Forename	Surname	District	Time
1	81	Gemma	Holloway	Thurrock	17.23
2	17	Sophie	Riches	Castle Point and Rochford	17.34
3	89	Georgia	Tuckfield	Waltham Forest	17.51
4	97	Amelia	Barrett	West Essex	18.01
5	33	Katie	Solis	Mid-essex	18.28
6	9	Kaylee	Dodd	Basildon	18.41
7	73	Emily	Bullis	Southend	18.42
8	18	Maisie	Jones	Castle Point and Rochford	18.49
9	34	Jessica	Burgess	Mid-essex	18.53
10	25	Lydia	Hallam	Havering	19.01
11	26	Isabella	Woods	Havering	19.03
12	75	Poppy	Aitmarri	Southend	19.09
13	74	Emma	Jarvis	Southend	19.18
14	76	Olivia	Tidd	Southend	19.53
15	35	rebecca	Wade	Mid-essex	19.54
16	37	Issy	Warren	Mid-essex	20.06
17	51	Molly	Huggins	NE Essex	20.12
18	98	Anna	Clark	West Essex	20.21
19	27	Lindsay	McLachlan	Havering	20.23
20	40	?	Stainer	Mid-essex	20.28
21	38	Emma	Houchell	Mid-essex	20.29
22	49	Ami	Fosker	NE Essex	20.31
23	50	Charlotte	Head	NE Essex	20.33
24	28	Rebecca	Ward	Havering	20.41
25	77	Sarah	Imbush	Southend	20.55
26	36	Maddy	Gough	Mid-essex	21.09
27	19	Annabell	Matthews-Smith	Castle Point and Rochford	21.15
28	39	Molly	Bryan	Mid-essex	21.16
29	11	Sophie	Chauvit	Basildon	21.23
30	52	Charlotte	Kew	NE Essex	21.34
31	90	L	Hayes	Waltham Forest	21.44
32	99	Isobelle	Moss	West Essex	21.46
33	57	Anna	Eden	NW Essex	22.14
34	79	L	Kidd	Southend	22.18
35	59	Samantha	Ragus	NW Essex	22.25
36	22	Chloe	Williams	Castle Point and Rochford	22.33
37	56	Joy	Huggins	NE Essex	22.35
38	20	Emily	Condon	Castle Point and Rochford	22.46
39	24	Shannon	Wennington	Castle Point and Rochford	23.13
40	71	Sophia	Amorocso	Redbridge	23.32
41	30	Rosie	Webber	Havering	23.49
42	78	Chelsea	Stephens	Southend	23.52
43	92	O	Findley	Waltham Forest	23.54
44	60	Ellie	Gray	NW Essex	23.57
45	21	Laura	Solley	Castle Point and Rochford	24.23
46	12		Sleep	Basildon	24.37
47	31	Nicola	Emes	Havering	24.49
48	61	Jennifer	Baldock	NW Essex	25.01
49	80	J	Harding	Southend	25.04
50	54	Mickeala	Gore	NE Essex	25.06
51	58	Chantelle	Penney	NW Essex	25.09
52	23	Hayley	Lamkin	Castle Point and Rochford	25.26
53	13	Emily	Parameter	Basildon	25.27
54	100	Hope	Hawkins	West Essex	25.29
55	15	Lydia	Wand	Basildon	25.34

56	10	Oshunremi	Basildon	26.04
57	4 Karolina	Severino	Barking and Dagenham	26.31
58	16	Frost	Basildon	26.47
59	96 O	Kozub	Waltham Forest	29.16
60	101 Emily	Jennings-Hatt	West Essex	30.35
61	102 Katie	Bicker	West Essex	30.38

Team Result

1st	86pts	Mid-Essex
2nd	105pts	Southend
3rd	150pts	CPR
4th	152pts	Havering
5th	179pts	NE Essex
6th	229pts	West Essex
7th	245pts	Basildon

Position	Number	Forename	Surname	District	Time
1	17	Jessica	Judd	Castle Point and Rochford	16.35
2	33	Kim	Johansen	Mid-essex	18.01
3	49	Sam	Redgrave	NE Essex	18.46
4	74	Jade	Peel	Southend	18.54
5	97	Lauren	McGregor	West Essex	18.57
6	57	Chloe	Beckett	NW Essex	19.06
7	73	Eleanor	Johnson	Southend	19.12
8	26	Bethany	Hall	Havering	19.21
9	58	Jessica	Park	NW Essex	19.53
10	76	Jordan	Lacey	Southend	20.09
11	9	Charlotte	Ballard	Basildon	20.16
12	10	Iorna	Almond	Basildon	20.23
13	35	Jess	Jellicoe	Mid-essex	20.41
14	75	Aimee	Garnett	Southend	20.47
15	89	Claire	Huggins	Waltham Forest	20.52
16	77	Alex	Morgan	Southend	20.56
17	65	Holly	Bedeau	Redbridge	21.31
18	95	Akasha	Smith	Waltham Forest	22.04
19	36	Rachel	Higgins	Mid-essex	22.35
20	37	Patsy	McWeeney	Mid-essex	22.49
21	79	B	Ashbrook	Southend	23.01
22	12	Lydia	Mountford	Basildon	23.31
23	30	Rachel	Welch	Havering	24.02
24	28	Alex	Rose	Havering	24.18
25	78	Z	Easdon	Southend	25.01
26	68	Fiona	Petersen	Redbridge	25.28

Team Result(4 to score)

1st	35pts	Southend
2nd	54pts	Mid-Essex